



2006 ACOEM Labor Day CheckList

Controlling Cancer in the Workplace

This year, the American College of Occupational and Environmental Medicine's (ACOEM's) Labor Day CheckList deals with controlling cancer in the workplace. Millions of Americans are fighting the battle against cancer – a disease that can result in adverse or fatal health outcomes, high health care costs, and reduced workplace productivity. It is important to remember that many cancers are preventable by addressing workplace exposures and individual lifestyle choices. With early detection and quality care, patient outcomes are improving. This year's CheckList was developed in conjunction with the CEO Roundtable on Cancer, which has developed the CEO Cancer Gold Standard™ (www.cancergoldstandard.org), a series of cancer related recommendations for employers to fight cancer.

Action Areas	Employers	Employees
<i>For All Employers and Employees</i>		
Prevention <i>To reduce the risk of cancer</i>	Tobacco Use <ul style="list-style-type: none"><input type="checkbox"/> Establish and enforce tobacco-free worksite policies.<input type="checkbox"/> Ensure that health benefit plans include coverage at no cost for evidence-based tobacco treatments (counseling and medications).<input type="checkbox"/> Establish workplace-based tobacco cessation initiatives. Diet & Nutrition <ul style="list-style-type: none"><input type="checkbox"/> Sustain a culture that supports healthy food choices.<input type="checkbox"/> Provide access to nutrition/weight control programs. Physical Activity <ul style="list-style-type: none"><input type="checkbox"/> Sustain a culture that promotes physical activity.<input type="checkbox"/> Demonstrate commitment to eliminating barriers to active lifestyles.	Tobacco Use <ul style="list-style-type: none"><input type="checkbox"/> Don't use tobacco products and avoid exposure to environmental tobacco smoke.<input type="checkbox"/> If you use tobacco, identify a program that will help you quit. Find out if your health benefit plans cover the cost of counseling as well as prescription and over-the-counter medications. Learn whether your company offers smoking cessation classes, a quitline service, support groups, or other programs that will help you stop using tobacco. Diet & Nutrition <ul style="list-style-type: none"><input type="checkbox"/> Maintain a healthy diet and an appropriate weight.<input type="checkbox"/> Look for healthy food choices in your company cafeteria, break rooms, and vending machines. Find out if your company offers nutritional counseling and provides access to weight-control programs. Set personal goals to have healthy eating habits. Physical Activity <ul style="list-style-type: none"><input type="checkbox"/> Exercise regularly.<input type="checkbox"/> If you are not physically active, design a personal workout program that is appropriate for you. Consider using stairs whenever possible and wearing a pedometer to track your steps each day.

Screening and Early Detection <i>To detect cancer at the earliest possible stage when treatment can improve the outcome</i>	<input type="checkbox"/> Sustain a culture that promotes appropriate cancer-screening behaviors. <input type="checkbox"/> Ensure that health benefit plans include cancer-screening provisions that adhere to the American Cancer Society (ACS) or U.S. Preventive Services Task Force (USPSTF) Guidelines. <input type="checkbox"/> Offer health benefit plans that eliminate cost as a barrier to accessing preventive/screening tests and exams.	<input type="checkbox"/> Get screened for certain cancers at the appropriate time. <input type="checkbox"/> If you are not being screened appropriately, talk to your physician to determine which cancers, if any, you should be screened for (based on your age and family history), and determine a schedule for your screenings. <input type="checkbox"/> Check your health benefit plans to find out how cancer screening tests and exams are covered.
Access to Quality Care and Clinical Trials <i>To be certain that you receive the best available care should a cancer diagnosis become a reality</i>	<input type="checkbox"/> Provide education and promotion of cancer clinical trials. <input type="checkbox"/> Offer health benefit plans that eliminate cost as a barrier to accessing cancer clinical trials. <input type="checkbox"/> Ensure that health benefit plans provide access to cancer care at Commission on Cancer-approved facilities and/or NCI-approved cancer centers.	<input type="checkbox"/> If you are healthy, it's still a good idea to educate yourself about where you can get quality cancer treatment should you ever need it. <input type="checkbox"/> If you or someone you know has been diagnosed with cancer, check with your company to determine how your cancer treatment will be covered, and if your company has any programs that will offer support to you. <input type="checkbox"/> Learn about cancer clinical trials and, if you wish, discuss trial participation with your physician.
Reduce Exposure to Workplace Carcinogens	<input type="checkbox"/> Eliminate use of cancer-causing substances. When this is not feasible, control exposure, preferably using engineering controls. <input type="checkbox"/> Ensure that all state and federal OSHA requirements are met or exceeded to reduce exposure to cancer-causing agents.	<input type="checkbox"/> Learn about the chemicals you work with, understand their hazards and how to work with them safely.
GENERAL GUIDANCE		
	<input type="checkbox"/> Employees should learn about the CEO Cancer Gold Standard™ and encourage their organizations to adopt its requirements. <input type="checkbox"/> Employers should learn about and implement the requirements of the CEO Cancer Gold Standard™.	